



Module 14: TRICARE Online Resources



Module Objectives

After this module, you should be able to:

- Assist beneficiaries who use the Internet and TRICARE Web sites
- State the purpose of the Web sites discussed
- Recall how to search for information in the TRICARE manuals
- Recognize online tools used to assist beneficiaries with tracking claims
- Recall the purpose of the Customer Service Community Web site



TRICARE Homepage

www.tricare.mil

TRICARE.mil is the official Web portal for TRICARE information

- It is comprised of nine content areas, including the two main portals:
 - TRICARE Benefit Information- Eligibility; medical, dental, vision, prescription plans
 - TRICARE Management Activity- Contains information for TRICARE staff worldwide, TRICARE Providers, and TRICARE Contracting



My Benefit Portal

www.tricare.mil/mybenefits

- The TRICARE Benefit Portal offers an overview of and specific information on TRICARE.



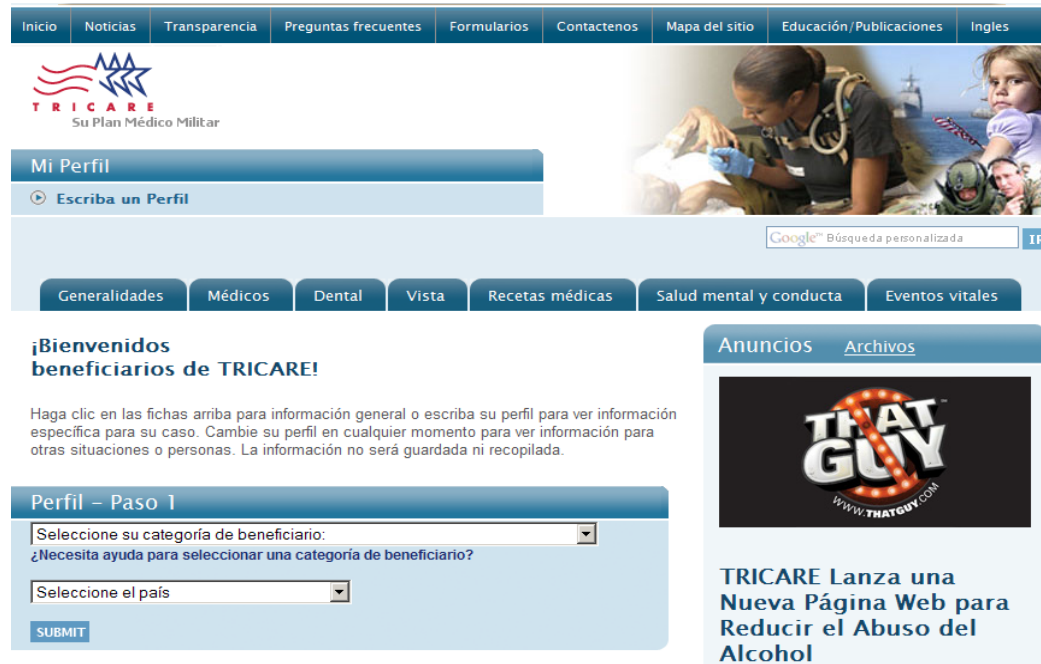
The screenshot shows the TRICARE My Benefit Portal homepage. At the top is a navigation bar with links: Home, News, Transparency, FAQs, Forms, TRICARE Contacts, Site Map, Education/Publications, and Español. Below this is the TRICARE logo with the tagline "Your Military Health Plan" and a large image of a family. A "My Profile" section includes a link to "Enter a Profile". A Google Custom Search bar is present. Below the search bar are tabs for Overview, Medical, Dental, Vision, Prescriptions, Mental Health and Behavior, and Life Events. The main content area features a "Welcome TRICARE Beneficiaries!" message with instructions to click on tabs or enter a profile. Below this is a "Profile - Step 1" form with dropdown menus for "Select Your Beneficiary Category" and "Select Country", and a "SUBMIT" button. On the right, there are "Announcements" and "Archives" sections. The "Announcements" section features a "DOT MIL DOCS" graphic and a link to "Military Children: Coping with Change". Below this, it mentions "Blog Talk Radio" on April 16.



TRICARE Web site in Spanish

www.tricare.mil/mybenefit/espanol

- This Web site offers a Spanish-translated version of the TRICARE Benefit Information Portal. The addition of the Spanish-translated portal is a part of TRICARE's ongoing effort to educate TRICARE beneficiaries in both English and Spanish



The screenshot shows the TRICARE website in Spanish. At the top is a navigation bar with links: Inicio, Noticias, Transparencia, Preguntas frecuentes, Formularios, Contactenos, Mapa del sitio, Educación/Publicaciones, and Ingles. Below this is the TRICARE logo with the tagline 'Su Plan Médico Militar'. A large banner image on the right shows a medical professional attending to a patient. Below the banner is a 'Mi Perfil' section with a link to 'Escriba un Perfil'. A search bar with 'Google' and 'Búsqueda personalizada' is present. Below the search bar are buttons for Generalidades, Médicos, Dental, Vista, Recetas médicas, Salud mental y conducta, and Eventos vitales. A section titled '¡Bienvenidos beneficiarios de TRICARE!' contains a paragraph of text. Below this is a 'Perfil - Paso 1' section with two dropdown menus: 'Seleccione su categoría de beneficiario:' and '¿Necesita ayuda para seleccionar una categoría de beneficiario?'. Below these is another dropdown menu 'Seleccione el país' and a 'SUBMIT' button. On the right side, there is an 'Anuncios' section with a link to 'Archivos' and a large image of 'THAT GUY' with the website 'WWW.THATGUY.COM'. Below the image is the text 'TRICARE Lanza una Nueva Página Web para Reducir el Abuso del Alcohol'.

Inicio Noticias Transparencia Preguntas frecuentes Formularios Contactenos Mapa del sitio Educación/Publicaciones Ingles

TRICARE
Su Plan Médico Militar

Mi Perfil
Escriba un Perfil

Google Búsqueda personalizada IR

Generalidades Médicos Dental Vista Recetas médicas Salud mental y conducta Eventos vitales

¡Bienvenidos beneficiarios de TRICARE!

Haga clic en las fichas arriba para información general o escriba su perfil para ver información específica para su caso. Cambie su perfil en cualquier momento para ver información para otras situaciones o personas. La información no será guardada ni recopilada.

Perfil - Paso 1

Seleccione su categoría de beneficiario:
¿Necesita ayuda para seleccionar una categoría de beneficiario?

Seleccione el país

SUBMIT

Anuncios Archivos

THAT GUY
WWW.THATGUY.COM

TRICARE Lanza una Nueva Página Web para Reducir el Abuso del Alcohol



TRICARE Online Web site <https://www.tricareonline.com/welcome.do>

- TRICARE Online offers registered MTF users the opportunity to schedule and view appointments, access general health information as well as information on available benefits and services.



The screenshot shows the TRICARE Online website. At the top, there is a banner with the TRICARE Online logo and a collage of images including a doctor and patient, a surgical team, and a woman. Below the banner, the text reads "Welcome to TRICARE Online" followed by a description of the portal. A section for the "TRICARE Online Privacy and Security Policy" is visible, with a list of links: Introduction, Privacy Act Warning, Security of Information, Family Members and Privacy, Registration and Login, The Use of Cookies, Password Protection, and Logging Out. At the bottom of this section are "I Disagree" and "I Agree" buttons. To the right, a "Contact Numbers" section lists phone numbers for various TRICARE regions and the DMDC Support Office.

TRICARE Online
TRICARE Online is a secure web portal designed to increase access to care for authorized TRICARE beneficiaries and increase access to information for designated TRICARE physicians and support staff.

Review the Security Disclaimer below for important information regarding the usage of this website. Clicking on the "I Agree" button confirms your agreement to the terms outlined, and allows you to view pre-login information for this site.

TRICARE Online Privacy and Security Policy

- » Introduction
- » Privacy Act Warning
- » Security of Information
- » Family Members and Privacy
- » Registration and Login
- » The Use of Cookies
- » Password Protection
- » Logging Out

Contact Numbers

TRICARE North Region (HealthNet)
1-877-874-2273

TRICARE South Region (Humana)
1-800-444-5445
1-800-403-3950

TRICARE West Region (TriWest)
1-888-874-9378

TRICARE Overseas (WPS)
1-888-777-8343

TRICARE For Life
1-866-773-0404

DMDC Support Office



Military Health System Homepage www.health.mil

Health.mil is the official website of the Military Health System (MHS)

- The Web site also contains a blogging feature that lets MHS staff and site visitors' share thoughts, stories, and information with other bloggers



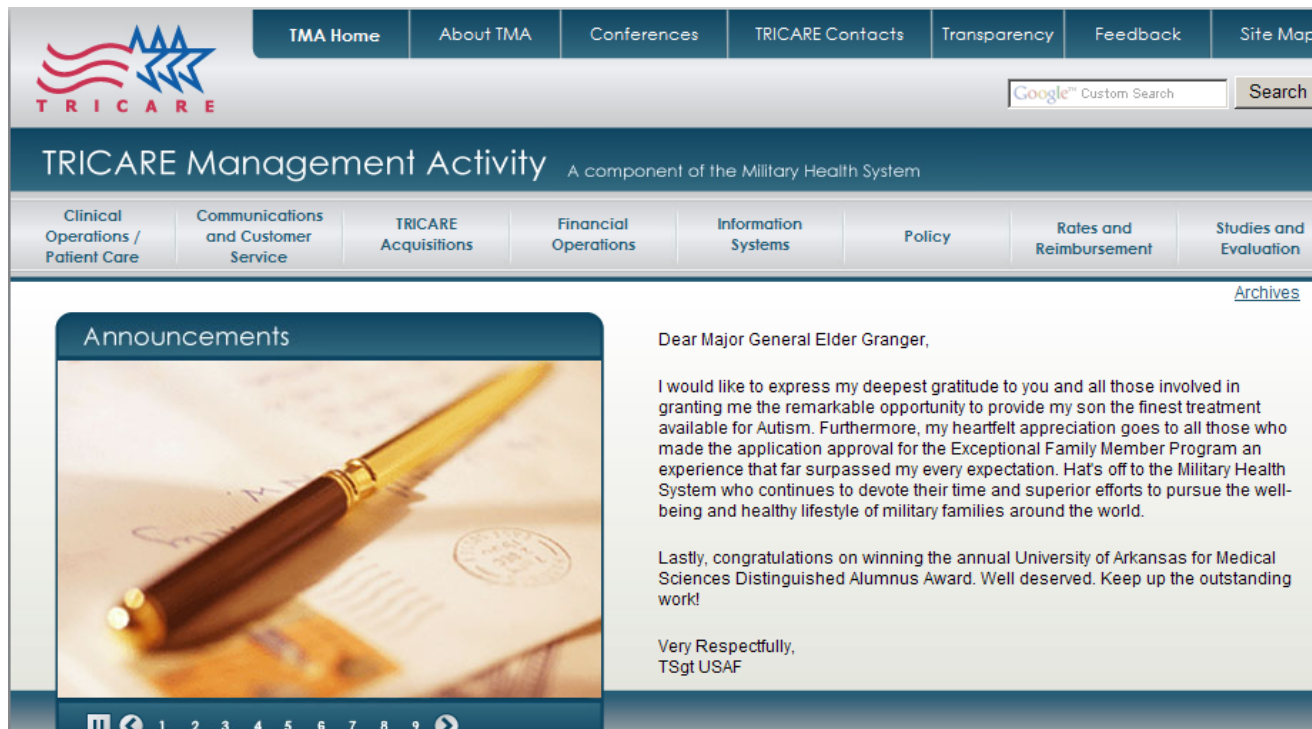
The screenshot shows the homepage of the Military Health System (MHS) website. At the top, the U.S. Department of Defense logo is on the left, and the text "U.S. Department of Defense" is in the center. Below this, the "Military Health System" logo is prominently displayed. A news ticker below the logo reads: "In the News: sday, April 15, 2009 Veterans Affairs: VA Announces New Nursing Academy Sites AP: Retu". The main navigation bar includes links for "About the MHS", "MHS Partners", "Healthcare in the MHS", "Education & Training", and "Research & Publications", along with a search bar. The "Top Headlines" section features a large image of volunteers packing care packages, with the headline "USO Gets a Big Hand From Little Helpers" and a brief description: "Enthusiastic volunteers ranging in age from 5 to 12 lent a helping hand in preparing more than 2,000 care packages for troops deployed overseas." Other headlines include "USNS Comfort Crew Brings Aid to Haiti", "Military Health System Launches Traveling Fellowship Program", "President Announces Joint Virtual Lifetime Electronic Record", "What's Your Drinking IQ?", "Military Child Month", "'Believe in Tomorrow' Gives an Air Force Family Hope", "Q&A with US Family Health Plan's Tracy Malone", and "Army's Top Nurse Named USO Woman of Year". A "Latest Video" section shows a video of a person in a red Elmo costume. Below the video is a "Visit the Video & Audio Section" button. The "Latest MHS Blog Entry" section features a post from Wednesday, April 15, 2009, titled "Kids Who Care Talk About Military Moms and Dads" by Guest Blogger. At the bottom, two more headlines are visible: "Military Doctor Cites Need for Early Intervention of Autism" and "General Urges Service Members to Seek Help for Stress Disorder".



TRICARE Management Activity

<https://www.tricare.mil/tma/default.aspx>

The **TRICARE Management Activity** Portal is the corporate side of the TRICARE.mil website. It contains links to information on contracting, policy, rates and reimbursement for use by MHS staff.



The screenshot displays the TRICARE Management Activity website. At the top left is the TRICARE logo. To its right is a navigation bar with links: TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. Below this is a Google Custom Search bar. The main header reads "TRICARE Management Activity" followed by "A component of the Military Health System". A secondary navigation bar contains links for Clinical Operations / Patient Care, Communications and Customer Service, TRICARE Acquisitions, Financial Operations, Information Systems, Policy, Rates and Reimbursement, and Studies and Evaluation. An "Archives" link is located on the right. The main content area features an "Announcements" section with a photo of a pen on a document. To the right of the photo is a letter from TSgt USAF to Major General Elder Granger, expressing gratitude for his support of the Exceptional Family Member Program and congratulating him on winning the annual University of Arkansas for Medical Sciences Distinguished Alumnus Award.

TRICARE

TMA Home About TMA Conferences TRICARE Contacts Transparency Feedback Site Map

Google Custom Search Search

TRICARE Management Activity A component of the Military Health System

Clinical Operations / Patient Care Communications and Customer Service TRICARE Acquisitions Financial Operations Information Systems Policy Rates and Reimbursement Studies and Evaluation

Archives

Announcements

Dear Major General Elder Granger,

I would like to express my deepest gratitude to you and all those involved in granting me the remarkable opportunity to provide my son the finest treatment available for Autism. Furthermore, my heartfelt appreciation goes to all those who made the application approval for the Exceptional Family Member Program an experience that far surpassed my every expectation. Hat's off to the Military Health System who continues to devote their time and superior efforts to pursue the well-being and healthy lifestyle of military families around the world.

Lastly, congratulations on winning the annual University of Arkansas for Medical Sciences Distinguished Alumnus Award. Well deserved. Keep up the outstanding work!

Very Respectfully,
TSgt USAF



Media Center

www.tricare.mil/mediacenter

- The Media Center is a resource for the latest MHS and TRICARE news and announcements



The screenshot shows the TRICARE Media Center website. At the top is a navigation bar with links: Press Room, About TMA, HealthBeat, Conferences, TRICARE Contacts, Transparency, and Feedback. Below this is the TRICARE logo and the text "U.S. Department of Defense MILITARY HEALTH SYSTEM" with a date "Updated April 9, 2009". A secondary navigation bar includes links for News, Press Kits, Multimedia Gallery, Resources, Subscriptions, and Media Queries, along with a Google Custom Search box. The main content area features a large banner for the "Press Room" with the headline "Welcome to the Press Room" and a "TOP STORY" section titled "Not Another Lazy Afternoon at the Retirement Home". Below the banner are three columns: "Featured Stories" with an article on alcohol consumption, "Around the MHS" with a section titled "The Doctor Is In" and a photo of a man, and "News Releases" with several dated announcements from April 2009. At the bottom of the page are logos for the Department of Defense and TRICARE, and a circular seal for TRICARE University.

Press Room | About TMA | HealthBeat | Conferences | TRICARE Contacts | Transparency | Feedback

U.S. Department of Defense
MILITARY HEALTH SYSTEM
Updated April 9, 2009

News | Press Kits | Multimedia Gallery | Resources | Subscriptions | Media Queries | Google Custom Search | search

Welcome to the Press Room

TOP STORY
Not Another Lazy Afternoon at the Retirement Home
Placed on historic rolling farmland with scenic views of the Nation's Capitol and monuments...
To read more click [here](#).

Featured Stories

A Glimpse at the Many Sides of Alcohol Consumption
A glass of wine with dinner or a champagne toast are nothing out of the ordinary. Social drinking is widely accepted, but also an opportunity for excessive alcohol use. Alcohol use and abuse has long been a concern of the Department of Defense (DoD).
To read more click [here](#).
[>> Feature Story Archives](#)

Around the MHS

The Doctor Is In



Alcohol Awareness Month and Screening
Irresponsible and illegal alcohol use impairs the health, performance, and readiness of the U.S. Armed Forces. The 2005 DoD Survey on Health Related Behaviors showed that military members aged 18 to 25 were more likely to drink heavily than civilians in the

News Releases

4/7/2009 - Paying TRICARE Enrollment Fees Electronically is Easy
4/3/2009 - TRICARE Strips Down Price for Diabetic Supplies
4/1/2009 - TRICARE Launches New Web Page to Down Alcohol Abuse
[>> News Release Archives](#)
[>> TRICARE Contractor News](#)
[>> DoD/VA Sharing Newsletters](#)

Media Resources



HealthBeat

www.tricare.mil/HealthBeat/

- HealthBeat is TRICARE's online beneficiary newsletter that provides access to TRICARE news releases and email updates.

HealthBeat Archives

2009

- ✦ April 2009
- ✦ March 2009
- ✦ February 2009

2008

- ✦ December 2008
- ✦ November 2008
- ✦ October 2008
- ✦ September 2008
- ✦ August 2008
- ✦ July 2008
- ✦ June 2008
- ✦ May 2008
- ✦ April 2008
- ✦ March 2008
- ✦ February 2008
- ✦ January 2008

2007

- ✦ December 2007
- ✦ November 2007
- ✦ October 2007
- ✦ September 2007



Health Beat E-Newsletter
April 2009

The latest TRICARE news, health and benefit information.

News Release

TRICARE Reserve Select Plays Vital Role in Continuity of Coverage for Reserve Components

New, lower rates will help provide continuity of coverage to Reserve Component members and their families. Army Maj. Gen. Elder Granger, deputy director of TRICARE Management Activity, and Chief of Army Reserves Lt. Gen. Jack Stultz discussed their thoughts on the evolution of TRICARE Reserve Select (TRS) during recent interviews.

<http://www.tricare.mil/pressroom/news.aspx?fid=516>

TRICARE Beneficiaries Have Access to DoD Self-Service Logon

The Department of Defense (DoD) family member account to access the Defense Enrollment Eligibility Reporting System (DEERS) has a new name and the Web site has a new look. It is now called "DS Logon." A DoD Self-Service Logon-or "DS Logon"-is a secure credential issued to uniformed service members, spouses, and other family members 18 and older who are eligible for benefits in the DEERS system. It allows access to secure DoD web applications.

<http://www.tricare.mil/pressroom/news.aspx?fid=513>



TRICARE Smart

www.tricare.mil/tricaresmart

TRICARE Smart is the main source for viewing and ordering TRICARE products online. Military Health System staff can view, print, e-mail or download copies of TRICARE brochures, booklets, handbooks, and other products. It is also a tool for the public to download or print products.

TRICARE Smart



Select One of the TRICARE Smart Sites

TRICARE Products Online

To download, print, or view
TRICARE products click here.

-- Public Site --

Bulk Orders

To order TRICARE products in
bulk, click here.

-- For Registered POCs --

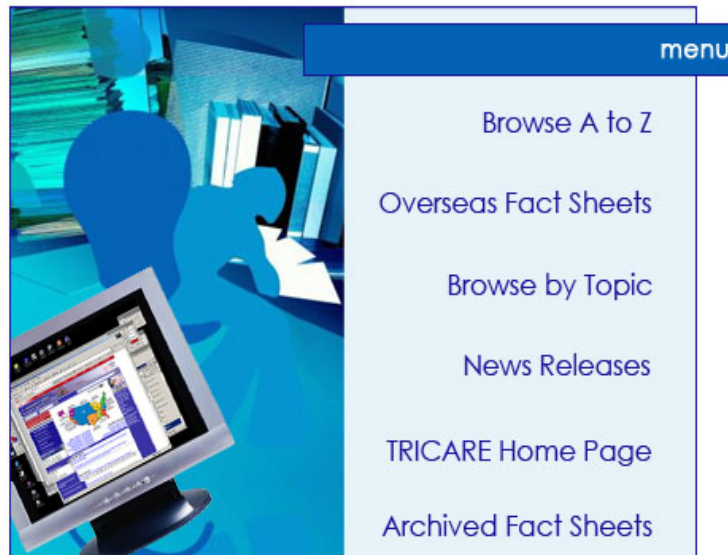


TRICARE Fact Sheets

www.tricare.mil/factsheets/

- The TRICARE Fact Sheets are designed for anyone who needs detailed information on particular TRICARE topics
- Beneficiaries should use the profile search engine to view and print TRICARE information

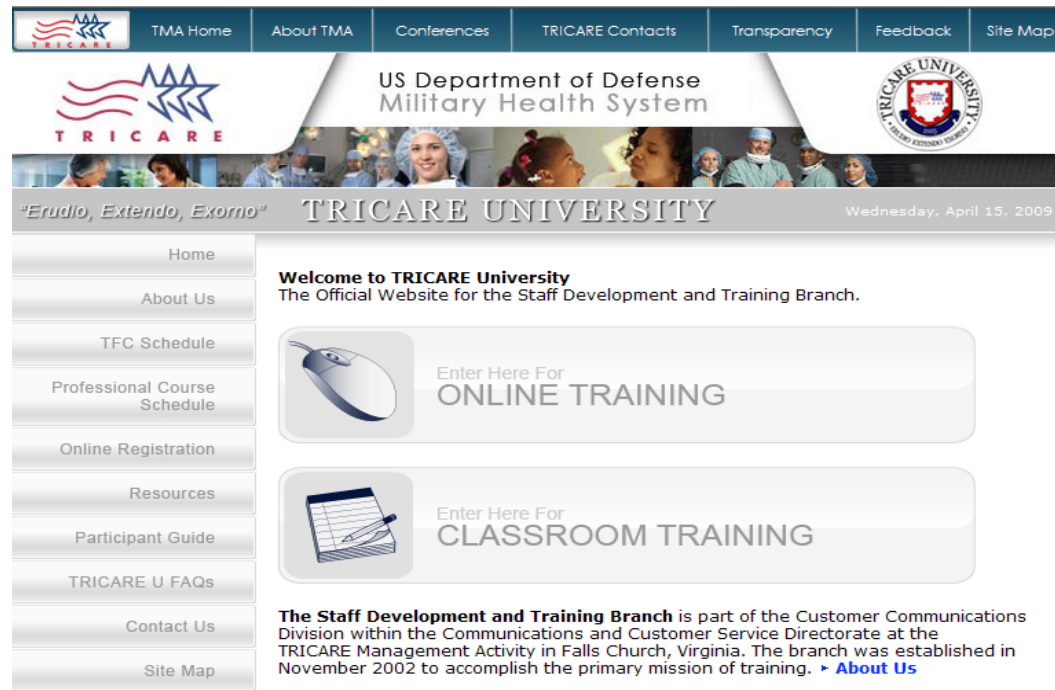
[Text Only Version](#) [Subscribe to Fact Sheets](#) [Unsubscribe to Fact Sheets](#) [RSS Sub:](#)



TRICARE University

www.tricare.mil/tricareu

- TRICARE University (TRICARE U), a part of the Communications and Customer Service Directorate of the TRICARE Management Activity, supports the training and education of MHS staff who work directly with TRICARE beneficiaries



The screenshot shows the TRICARE University website. At the top is a navigation bar with links: TMA Home, About TMA, Conferences, TRICARE Contacts, Transparency, Feedback, and Site Map. Below this is a banner featuring the TRICARE logo, the text "US Department of Defense Military Health System", and the TRICARE University logo. A date stamp indicates "Wednesday, April 15, 2009". A left sidebar contains a vertical menu with links: Home, About Us, TFC Schedule, Professional Course Schedule, Online Registration, Resources, Participant Guide, TRICARE U FAQs, Contact Us, and Site Map. The main content area has a "Welcome to TRICARE University" message, identifying it as the official website for the Staff Development and Training Branch. It features two large buttons: "Enter Here For ONLINE TRAINING" (with a mouse icon) and "Enter Here For CLASSROOM TRAINING" (with a notepad icon). At the bottom, a section titled "The Staff Development and Training Branch" provides context about its role within the Communications and Customer Service Directorate and its establishment in November 2002. It also includes a "Your Feedback is Important" notice, encouraging users to contact the site for improvements.



WPS Online Claims System

www.TRICARE4u.com

- Wisconsin Physician Service (WPS) is the claims processing contractor for the West region, overseas regions, and TRICARE for Life
- TRICARE4U is the web site through which registered users (beneficiaries, BCACs, physicians) can check the status of claims

The screenshot shows the TRICARE4u.com website. At the top is a navigation bar with links for BENEFICIARIES, PROVIDERS, GOVERNMENT USERS, CONTACT US, ABOUT US, and a search bar. Below the navigation bar is a large banner image of a family with the text "Welcome to TRICARE4u.com, the on-line resource for TRICARE For Life and Overseas beneficiary and provider populations. Brought to you by WPS HEALTH INSURANCE". To the right of the banner are three smaller images labeled BENEFICIARIES, PROVIDERS, and GOVERNMENT USERS. Below the banner is a "QUICK LINKS" section with links to TRICARE for Life Handbook, TRICARE for Life Elver Forms, Pharmacy, Pharmacy Overseas, and WPS Corporate Website. To the right of the quick links is a "SIGN IN OR REGISTER" section with links to Sign In, Register, Why Register?, and How to Register. Below the quick links is a "WPS ORGANIZE to SAVE LIVES" logo. To the right of the quick links is a "HEALTHYVISE" logo and a link to the Online Health Encyclopedia. Below the quick links is a "NEWS" section with a date of March 27, 2009, and a link to a study titled "Study of TRICARE Beneficiary Data Associates Influenza Treatment With Reduction in Risk Of Heart Attack And Stroke". Below the news section is a link to a full news release at <http://www.tricare.mil/pressroom/news.aspx?id=515>. At the bottom of the news section is a link to "A Healthy Heart for a Healthy Life".



PGBA Online Claims System

www.myTRICARE.com

- PGBA is the claims processing contractor for the North and South regions
- MyTRICARE.com is the web site through which registered users (beneficiaries, BCACs, physicians) can check the status of claims entered into Palmetto Government Benefits Administration (PGBA) system



Regional Contractor for the North Region

<https://www.hnfs.net/bene/home/>

[Beneficiary](#) [Provider](#) [Government Relations](#)



Home Enrollment Claims Authorizations Benefits Healthy Living Behavioral Health

[Login](#) [Register](#)

[Search](#)

Popular Tasks

- Find a Provider
- Find a MTF or TSC
- Make Payment On-line
- PCM Selection Guide
- Enroll In Prime

[More >](#)

Popular Pages

- Contact Us
- Enrollment Activities
- Forms Library
- TRICARE Plan Options



National Guard and Reserve TRICARE Benefits Video Now Available Online
[Click here to watch the video](#)



TRICARE: In The Spotlight

Learn more about TRICARE national initiatives including program changes and areas of special interest.

- [Behavioral Health Provider Locator and Appointment Assistance](#)
- [TRICARE Reserve Select, Guard and Reserve Benefits and Guard and Reserve TRICARE Benefits Video](#)
- [New Changes For PCM Assignments](#)
- [Disney Offers Military Discounts At Theme](#)

TRICARE Resources

- [Acronyms](#)
- [Bill of Rights](#)
- [Common Medical Specialty Definitions](#)
- [Contact us](#)
- [Disaster resources](#)
- [FAQs](#)
- [Forms](#)
- [Glossary](#)
- [Manuals](#)
- [Military Treatment Facilities](#)
- [Pharmacy information](#)
- [Program links](#)
- [Program materials](#)
- [TRICARE Service Centers](#)



Regional Contractor for the South Region <http://www.humana-military.com/>

HUMANA MILITARY
HEALTHCARE SERVICES
★★★★★

*The most trusted
name in government
health solutions.*



**Log in to MyHMHS
For.....**

- Beneficiaries** 1
- Providers** 1
- Government** 1

Beneficiary ▶

If you are a TRICARE beneficiary, including active duty, or want to learn more.

[Find a Provider ▶](#)

Provider ▶

If you are a doctor, provider, hospital, or facility.

[Find a Provider ▶](#)

Government ▶

If you are an MTF employee or member of the TRO South staff.

Newsroom/Alerts

- › Fleet Week 2009-Port Everglades
- › New Fisher House for Augusta GA
- › HMHS offers CME Courses
- › HMHS is URAC reaccredited
- › HMHS/USA Cares Golf Scramble

Our Partners

ValueOptions
PGBA, LLC



Puerto Rico ▶

For active duty and Prime active duty family members in Puerto Rico.
[en español](#) 🌐



CHCBP ▶

Health benefits while transitioning from military to civilian health plans.



ACCREDITED



Payments
[TRICARE.mil](#)
[Email Preference](#)

Careers
[TRO South](#)
[HMHS Awards](#)



Regional Contractor for the West Region <https://www.triwest.com>



The screenshot shows the homepage of the TriWest Healthcare Alliance website for the TRICARE West Region. The header features the TriWest Healthcare Alliance logo on the left and the TRICARE West logo on the right. A large American flag graphic is on the right side of the header. A welcome message box on the left states: "Welcome TO THE TRICARE WEST REGION. TriWest Healthcare Alliance administers the TRICARE program for military Service members and their families in the 21-state West Region. [More»](#)". Below the header is a navigation bar with links: LOGIN, FIND A PROVIDER, and ABOUT TRIWEST. The main content area is titled "PLEASE CHOOSE WHAT TYPE OF VISITOR YOU ARE" and has three columns: "Beneficiary" with a photo of a soldier and child, "Provider" with a photo of two healthcare professionals, and "Government" with a photo of a woman. To the right of these columns is a "SUPPORTING OUR COMMUNITY" section with a yellow ribbon icon and a list of news items: "4/14/2009 TRICARE Helps Families Face Autism", "4/14/2009 Behavioral Healthcare Stigma Addressed at Symposium", and "4/13/2009 TriWest Earns Contact Center Certification". A "MORE NEWS >" link is at the bottom of this section. The footer contains a "Certified Call Center" seal, a navigation bar with links: About TriWest | Employment | Contact Us | Site Map | News Room, Terms and Conditions | Privacy Policy | TRICARE.mil, Copyright 2009 © - TriWest Healthcare Alliance, and the URAC Accredited logo.

TRIWEST
HEALTHCARE ALLIANCE®

TRICARE
West

Welcome
TO THE TRICARE WEST REGION

TriWest Healthcare Alliance administers the TRICARE program for military Service members and their families in the 21-state West Region. [More»](#)

LOGIN | FIND A PROVIDER | ABOUT TRIWEST

PLEASE CHOOSE WHAT TYPE OF VISITOR YOU ARE

Beneficiary

Provider

Government

SUPPORTING OUR COMMUNITY

- 4/14/2009 TRICARE Helps Families Face Autism
- 4/14/2009 Behavioral Healthcare Stigma Addressed at Symposium
- 4/13/2009 TriWest Earns Contact Center Certification

[MORE NEWS >](#)

About TriWest | Employment | Contact Us | Site Map | News Room

Terms and Conditions | Privacy Policy | TRICARE.mil


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URAC
ACCREDITED
UM, CM, DM
HEALTH NETWORK



TRICARE Area Office: Eurasia-Africa


www.tricare.mil/tma/EurasiaAfri




TRICARE Eurasia-Africa

[TMA Home](#) > [TRICARE Europe Home](#)

[Training & Conferences](#)




[TGRO Remote POC Information](#)




[Preferred Provider Network](#)



[MTF Information Portal](#)



[Senior Enlisted Liaison](#)



TRICARE Eurasia-Africa Area

Welcome to the TRICARE Area Office-Eurasia-Africa (TAO-EA) Website! This site is designed for TAO staff members, military treatment facility (MTF) staff members, customer service representatives, providers and others who assist TRICARE beneficiaries in the TRICARE Eurasia-Africa Area.

If you are a TRICARE beneficiary and want to learn more about your benefits and coverage, please visit the [TRICARE Beneficiary Website](#) or contact the TAO-EA (see below).

TRICARE Area Office-Eurasia-Africa

The TAO-EA, in collaboration with MTF commanders, is responsible for the development and execution of an integrated plan for the delivery of healthcare within the Eurasia-Africa Area which is comprised of the European and African continents, all Middle Eastern countries, Pakistan, Russia and several former Soviet Republics including the Baltic States, Ukraine, Georgia, Kazakhstan, Kyrgyzstan and Uzbekistan.

Location:	Sembach, Germany
Address:	TRICARE Area Office TRICARE Eurasia-Africa Unit 10310 APO AE 09136-0130
Phone:	888-777-8343 option 1
DSN:	496-6314

TRICARE TRICARE Eurasia-Africa Area Information

[TOPIC OF THE MONTH](#)

[TRICARE SERVICE CENTERS \(Eurasia-Africa\)](#)

[NURSE ADVICE LINE](#)

[TRICARE EURASIA-AFRICA MARKETING](#)

[FACT SHEETS](#)

[FORMS AND DOWNLOADS](#)

[CLAIMS ADDRESSES](#)

[RELATED LINKS](#)

HOT NEWS!

TRICARE is proud to announce the [TRICARE Spotlight](#) page to recognize awards, promotions and good news across the MHS.

[Previous](#) | [Next](#)

Quick Links

[U.S. EMBASSIES](#)

[TRICARE BENEFICIARY WEB SITE](#)

[MANUALS](#)


[FREQUENTLY ASKED QUESTIONS](#)


[MTF LOCATOR](#)



TRICARE Area Office: Pacific


www.tricare.mil/pacific


[TMA Home](#) [About TMA](#) [Conferences](#) [TRICARE Contacts](#) [Transparency](#) [Feedback](#) [Site Map](#)


 **TRICARE Pacific**


[Español](#)

[TMA Home > TRICARE Pacific Home](#)

I'm New to TRICARE


My TRICARE Benefit


How Do I Get Care?


How Do I Get Help?


TRICARE Pacific Area

TRICARE Area Office (TAO) Pacific

TAO Pacific, in collaboration with military treatment facility commanders, is responsible for the development and execution of an integrated plan for the delivery of healthcare within the Pacific area which is comprised of Guam, Japan, Korea, and Western Pacific Remote.

Location:	Okinawa, Japan (Camp Lester)
Phone:	1-888-777-8343 option 4 (if calling from the United States)
DSN:	DSN (315) 643-2036
COM direct:	81-6117-43-2036 (country code: 011)
Fax:	315-643-2037
Email:	tpao.csc@med.navy.mil

Hot News!

Training Opportunity!

TAO-P TRICARE Fundamentals Course
Location: New Sanno, Tokyo, Japan
When: June 1-5, 2009
Call directly (MT 20 Apr 09) to the New Sanno hotel for room


TRICARE Pacific Area Information
[PHILIPPINES CERTIFIED PROVIDER LIST](#)
[SENIOR ENLISTED ADVISOR \(SEA\)](#)
[TRICARE SERVICE CENTERS \(PACIFIC\)](#)
[FIND A PROVIDER](#)
[TRICARE PACIFIC CLAIMS](#)
[TRICARE PACIFIC CONTACTS](#)
[2009 TRICARE PACIFIC MTF FUNDAMENTALS COURSE \(NEW SANNO\)](#)
[2009 TRICARE PACIFIC REMOTE FUNDAMENTALS COURSE \(SOKAH ANGKOR\)](#)


Quick Links
[TRICARE BENEFICIARY WEB SITE](#)
[FIND A MILITARY TREATMENT FACILITY](#)
[NATIONAL GUARD AND RESERVE MEMBERS](#)
[MEDICARE ELIGIBILITY](#)




TRICARE Area Office: Latin America and Canada


www.tricare.mil/tma/tlac

[TMA Home](#)[About TMA](#)[Conferences](#)[TRICARE Contacts](#)[Transparency](#)[Feedback](#)[Site Map](#)



TRICARE Latin America & Canada

I'm New to TRICARE


My TRICARE Benefit

TLAC is not able to dial area code 809 in the Dominican Republic at this time. Please ensure that you provide an email address where you can be reached if you leave them a voice message.

What's New

TRICARE Latin America and Canada

The TRICARE Overseas Program (TOP) is the Department of Defense health care program outside the Continental United States (CONUS). TOP blends many features of the CONUS TRICARE program, while allowing for significant cultural differences unique to foreign countries and their health care practices. Such issues as managed care.

**Locate MTF Providers**

TLAC Area Information

[TRICARE AREA OFFICE](#)

[TRICARE SERVICE CENTERS \(LATIN AMERICA & CANADA\)](#)

[FIND A PROVIDER](#)

[MILITARY TREATMENT FACILITIES](#)



Congratulations! You've Completed Module 14: TRICARE Online Resources

You should now be able to:

- Assist beneficiaries who use the Internet and TRICARE Web sites

State the purpose of the Web sites discussed

Recall how to search for information in the TRICARE manuals

Recognize online tools used to assist beneficiaries with tracking claims

- Recall the purpose of the Customer Service Community Web site

